

Stroke Facts

STROKE SERVICES



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Did You Know?

- Stroke is the third leading cause of death among Americans and a leading cause of disability.
- Most strokes can be prevented.
- This year, 750,000 Americans of all ages and ethnicity will suffer a stroke.

What Is Stroke/Brain Attack?

Stroke, or brain attack, occurs when blood flow to a region of the brain is suddenly interrupted or a blood vessel bursts, spilling blood into the spaces surrounding the brain cells. This may result in the death of brain cells and is a medical emergency.

Types Of Stroke

An ischemic stroke is caused by blockage of an artery that supplies blood to the brain. Eighty percent of all strokes are ischemic.

A transient ischemic attack (TIA) is a “warning sign” or a “mini-stroke” that produces stroke-like symptoms. It is caused by blockage of blood flow in the brain that occurs briefly and resolves on its own. Ten percent of ischemic strokes are preceded by TIA and for 40 percent of those who have a TIA, a stroke will follow.

Hemorrhagic stroke occurs when a blood vessel to the brain ruptures and bleeds into surrounding tissues, usually affecting large areas of the brain. The bleeding compresses nearby blood vessels and deprives surrounding tissues of oxygen, causing a stroke.

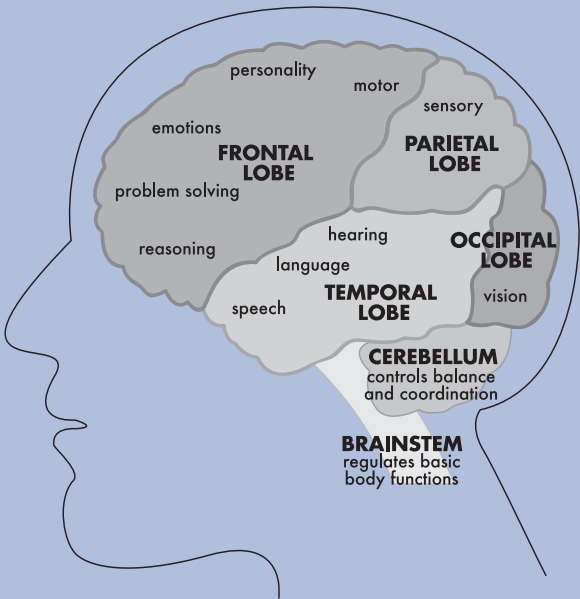
Symptoms Of A Stroke:

- Sudden trouble seeing
- Sudden numbness or weakness of face, arm or leg
- Sudden confusion, trouble speaking or understanding
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache

What Should You Do If You Have These Symptoms?

Do not wait for the symptoms to go away. **Call 911** and get help immediately. *Time lost is brain lost.*

Functions Of The Brain



Risk Factors You Cannot Control

- Age – Risk increases with age.
- Gender – Although stroke is more common in men, more women die from it.
- Race – African Americans and Hispanics are three times as likely to have a stroke.
- Heredity

Risk Factors You Can Control

- High blood pressure
- High blood sugar
- Smoking
- Irregular heartbeat/Atrial fibrillation
- Obesity
- Drug abuse
- Alcohol abuse
- Physical inactivity
- Poor eating habits

Prevention

Work with your health care provider to reduce or control as many risk factors as possible. Be pro-active by following these guidelines:

- Don't use tobacco.
- Be physically active.
- Monitor your blood pressure and control it.
- Eat healthy foods.
- Keep your blood sugar under control.
- Maintain a normal body weight.
- Don't drink alcohol in excess.
- Have regular medical checkups.



Treatment

The type of treatment provided depends on the type of stroke.

- Ischemic – Remove or decrease obstruction, restoring blood flow to the brain.
- Hemorrhagic – Medical and surgical treatments are used to minimize the impact of bleeding in the brain.



After A Stroke

Rehabilitation is a key aspect of treating the effects of stroke. The kind of treatment provided is based on the type of stroke. Baptist Rehabilitation provides inpatient rehabilitation services at Baptist Health facilities and is a major provider of outpatient rehabilitation services for patients recovering from a stroke, offering:

- Physical therapy
- Speech and language therapy
- Occupational therapy

Certified by The Joint Commission

The Stroke Centers at Baptist Medical Center Downtown and Baptist Medical Center South have earned the Gold Seal of Approval™ for stroke care. The Joint Commission awarded Baptist Downtown and Baptist South with Primary Stroke Center Certification, which is based on recommendations published by the Brain Attack Coalition and the American Stroke Association.



The information provided in this brochure was gathered from the American Stroke Association and the American Heart Association, and compiled by Monica E. Green, MBA, BSN, RN, clinical educator, Baptist Medical Center Downtown.

BAPTIST HEALTH
800 Prudential Drive
Jacksonville, Florida 32207
904.202.CARE (2273)

e-baptisthealth.com/stroke

Baptist Medical Centers:

BAPTIST MEDICAL CENTER
DOWNTOWN
800 Prudential Drive
Jacksonville, Florida 32207
904.202.2000

BAPTIST MEDICAL CENTER
BEACHES
1350 13th Avenue South
Jacksonville Beach, Florida 32250
904.627.2900

BAPTIST MEDICAL CENTER
NASSAU
1250 South 18th Street
Fernandina Beach, Florida 32034
904.321.3500

BAPTIST MEDICAL CENTER
SOUTH
14550 Old St. Augustine Road
Jacksonville, Florida 32258
904.821.6000

WOLFSON CHILDREN'S HOSPITAL
800 Prudential Drive
Jacksonville, Florida 32207
904.202.8000



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